



NEWSLETTER

SACRED HEART
CATHOLIC PRIMARY
SCHOOL



Online Content:

Website:

www.sacredheart.tas.edu.au

Facebook:

facebook.com/sacredheart

Pinterest:

pinterest.com.au/sacredheart

P & F email

shsl.pnf@catholic.tas.edu.au

Our P.B.S. Values are:

Respect for Ourselves

Respect for Others

Respect for our Learning

<http://MyTerncity.com.au>

Welcome BBQ

Feb 28th

5pm

Friday

28th February

Gr 3-6 Swimming

Carnival

First Sushsi Day

Wed Feb 26th

No Canteen

Tues-Wed

3rd and 4th March

No Sushi

Wed 4th March

From the Principal:

“Lent”

“Your ordinary acts of love and hope point to the extraordinary promise that every human life is of inestimable value.” (Desmond Tutu)

Next week is Ash Wednesday, it marks the beginning of the Lenten season.

Ash Wednesday is an excellent opportunity for reflection. At Sacred Heart Catholic School all children are challenged to consider what “are they going to work on doing better at?”

Many children will no doubt be doing some of the following at home....

- Helping out with the washing up
- Doing chores with a smile
- Keeping bedrooms tidy
- Being instantly and cheerfully obedient
- Completing homework without being asked
- Offering to do extra jobs
- Completing random acts of kindness
- Making an extra effort with manners
- Being a peacemaker at home and school

At school our children may challenge themselves to...

- Treat all people with respect
- Be positive about all of their learning
- See and actively promote the good in everybody
- Playing with people other than my friends

In the Gospel story (Mark 1:40-45) Jesus modelled for us all how we should treat our outcasts. Leprosy was a disease that caused many people to be ostracised. They were cast out and often forced to live separately. Leprosy is not a common disease today. We do have children, staff and parents in our school who may be different in other ways. They may look differently or speak differently or behave differently from us. As members of a Catholic School we are challenged to embrace all members of our community regardless of their background, their looks or their actions.

At Sacred Heart this is often described as the “spirit of Jesus”, a time when we see the goodness in our school community.

Sacred Heart Catholic Primary School stands on the shoulders of our founders, The Presentation Sisters and Edmund Rice, our school has always been about providing a Catholic Education. In particular we believe that when our children complete their Grade 6 year they should be good citizens, contributing to society, understanding right and wrong, with a sense of social justice and relating positively to all members of society. As parents and teachers then our children will be seeking role models that reflect the gospel values. Children will always "watch and learn" from the key adults in their lives. What messages will we send to the children of Sacred Heart? Will we too be performing ordinary deeds that really are extraordinary because they seek to improve the lives of others?

It is especially up to us as adults to model this with our children. Ask your child and yourself tonight.....

Do I treat every member of our school community the same?

Am I a witness to the gospel by my actions?

How do I treat the 'modern day' lepers?

"People may not remember exactly what you did, or what you said, but they will always remember how you made them feel" (Maya Angelou)

Parent/Student/Teacher Conversations

Thanks to the parents who have joined with teachers to establish goals for 2020. If you were unable to meet this week please contact your child's teacher to make a time that suits.

Board nominations

Sacred Heart Catholic School Board assists the Principal in providing the best possible strategic direction in Catholic Education. We especially ensure our facilities are well looked after, WHS matters are monitored and plan for the future. If you are interested in adding your skills to our Board collect an 'Expression of Interest for' from the office. Two of our Board members have completed their term of office to create these vacancies. Please speak to Brent if you require any additional information. Nominations close February 21st.

Welcome BBQ

Our Welcome BBQ will be held on Friday 28th February at 5pm on the oval. Sausages and Hamburgers supplied by the P and F. BYO drinks.

Our welcome bbq is a wonderful way to reconnect with returning families and welcome new ones to our school.



Parents & Friends Welcome BBQ

The Sacred Heart Parents & Friends would like to invite all school families to attend our Welcome BBQ.

Where: School Oval

When: Friday 28th February

Time: 5-7pm

Hamburgers & Sausages provided. Please bring your own drinks.

We look forward to seeing you.

**Brent Wilson
PRINCIPAL**

February 2020

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Sat |
|------|--------|---------------------------------|--|---|--|------|
| 16th | 17th | 18th | 19th School Banking Parent / Student / Teacher goal setting meetings | 20th Dance Fever 11.30am Band/ Strings program | 21st 2.10pm Assembly | 22nd |
| 23rd | 24th | 25th 7.30pm P & F Meeting | 26th School Banking First Sushi Day Please note: Launceston Cup Day is a normal school day for SHS | 27th Dance Fever 11.30am Band/ Strings program 3pm Gr 5/6 Bookclub | 28th Gr 3-6 Swimming Carnival @ Riverside Pool 2.10pm Prep - Gr.2 Assembly 5pm Welcome BBQ | 29th |

March 2020

| | | | | | | |
|-----|-----------------------|---|--|---|-------------------------|------|
| 1st | 2nd | 3rd No Canteen | 4th No Canteen/No Sushi School Banking | 5th Dance Fever 11.30am Band/ Strings program | 6th 2.10pm Assembly | 7th |
| | | Grade 5 Camp to Camp Clayton | | | | |
| | | Grade 6 Camp to Blue Lagoon, Dodges Ferry | | | | |
| 8th | 9th Public Holiday | 10th 6.30pm Board Meeting | 11th | 12th NIJSSA Swimming Carnival @ Riverside Pool | 13th 2.10pm Assembly | 15th |
| | | Grade 4 Camp to Hagley Farm School | | | | |

Important Uniform Shop News you need to know

- Sports uniform is worn twice during the school week, every Friday and on your child's nominated PE day
- Girls winter tunics and skirts are available by pre order ONLY. Order forms and further details will be included in the newsletter early next year. Tunic and skirt orders will be due by approximately the end of February 2020.
- There will be no changes to the current school uniform for 2020.
- School hats (\$12), swimming caps (\$4) and jumper badges (\$6) can be purchased from the school office.
- Please direct any uniform enquires to shs.clothingpool@catholic.tas.edu over the holiday period. Rebecca and Kelly will be available for enquires from the 29th January.
- Thank you for your custom during 2019 and we look forward to seeing you in the New Year.

**Important... please read
if your daughter will need
a winter tunic this year**

Sacred Heart Catholic Primary School

Uniform Shop

GIRLS WINTER TUNIC/SKIRT ORDER FORM - 2020

Parent's Name: _____

Child's Name: _____

Grade: _____

Contact Mob Number: _____

Sample tunics/skirts are no longer available in the uniform shop so please use the waist measurements below to guide you when placing your order.

These measurements are provided by the supplier.

Size 4 - 25" 63.5cm

Size 6 - 26" 66cm

Size 8 - 27" 68.5cm

Size 10- 28" 71cm

Size 12- 30" 76cm

Size 14 - 31" 78.5cm

Size 16 - 32" 81cm

Size 18 - 33" 83.5cm

Quantity: _____

Wool Tunic Size (P-2) \$132.00 - _____

Wool Skirt (grade 3-6) \$128.00 - _____

Deposit (minimum \$50.00 per item)-paid/receipt _____

Please return order form and deposit (min \$50.00 per item) to school office or uniform shop no later than Thursday February 27th

Important Note: winter tunic/skirts are only available by pre order and late orders cannot be filled.

For enquires phone Kelly Cox 0400 128 200 or Rebecca Millwood 0418 721 952

The Spirit of Jesus is Alive in:

| | | |
|---------------------|--|--|
| Prep Hills | Zoe Gamble for being a very helpful class member | Miller Pendrey for making a great start to his Prep year |
| Prep Best/McHarg | Noah Spencer for an awesome effort in writing about things that he likes to do. | Logan Ray for great work in listening for and identifying beginning sounds |
| Grade 1 Underlin | Bridie Heyward for making huge improvements when making new friends. | Phoebe Roberts for always being a role model for others! Ollie Soper or and outstanding week! |
| Grade 1 Foster | Jasper Flack For quickly learning our classroom routines and being a great helper | Caitlyn Jones for working hard in all areas and taking pride in her work |
| Grade 2 Crawford | Olive Marshall for being willing to take on challenges Ella Jones for showing her excellent work ethic | Lennox Hardinge for an excellent week at school |
| Grade 2 Reid | Sawyer Hart for always listening carefully. | Eliza Davie for being a kind and caring friend and a helpful class member. |
| Grade 3 Wood | Heidi Newman for your great participation and contributions to our lessons. | |
| Grade 3 Symons | Lucas Austen for helping others and using his initiative. | Josie Leake for great work in Maths this week |
| Grade 4 van Ryn | Molly Worsley for enthusiastic learning at all times | Stephanie Gardner for taking initiative in group activities. |
| Grade 4 Davie | Isaac Martin for being a hardworking member of Grade 4 Clay Jones Welcome to Team Davie and Sacred Heart! | Sienna Austin for being a team player in Grade 4 |
| Grade 5 Hegarty | Oliver Hodgetts For being a kind and helpful member of our class. | Alexander Cackett For settling in so well in Grade 5. We are lucky to have you at SHS! |
| Grade 5 Lee | Beau Furlonge for being a great friend to Zander in his first week at SHS. | Ivy McCullagh for always working well in class, doing tasks to the best of her ability and sharing her ideas with the class. |
| Grade 6 Steven | Hugh Rickerby For being organised and on top of everything at a busy time of the term. | Ava Boyle For the time and dedication she puts into her work setting a great example. |
| Grade 6 Viney/Izard | Caitlyn Jones for working hard in all areas and taking pride in her work | Meg Kotynia-Soley For her fantastic, enthusiastic start to Grade 6 |

2020 Term Dates Catholic Schools
Term 1 Thursday 6.2.20 to Thursday 9.4.20
Easter 10.4.20 to Tuesday 14.4.20
Term 2 Monday 27.4.20 to Friday 3.7.20
Term 3 Monday 20.7.20 to Friday 25.9.20
Term 4 Monday 12.10.20 to Thursday 17.12.20

Sacred Heart's Pupil Free Day for 2020 is Monday 20th July

2021 Term Dates Catholic Schools
Term 1 Monday 1.2.21 to Thursday 1.4.21
 (Term 1 holidays includes easter break)
Term 2 Monday 26.4.21 to Friday 2.7.21
Term 3 Monday 19.7.21 to Friday 24.9.21
Term 4 Monday 11.10.21 to Wednesday 15.12.21

Please note changes for 2021:

- Term 1 will commence on the Monday
- Term 1 Holidays/Easter break is for 3 weeks

2020 Carnivals

Friday 28th February - Gr 3-6 Swimming Carnival
 Friday 8th May - Prep - 2 Cross Country
 Friday 22nd May - Gr 3-6 Cross Country
 Friday 11th September - Gr 3-6 Athletics Carnival (date to be confirmed)
 Friday 13th November - Prep - 2 Athletics Carnival

Camps 2020

Grade 6 2nd - 4th March
 Grade 5 2nd - 4th March
 Grade 4 10th -11th March

PHYSICAL EDUCATION PROGRAMS FOR SCHOOLS

DANCE FEVER
MultiSport

Dance Fever starts Thursday 13th Feb until Thursday 9th April

All students in Prep – Gr 6 wear sports uniform every Thursday

Student absences

If your child will be absent from school please remember to either:

- call the School office on 63311011
- email shsl@catholic.tas.edu.au
- use the Skoolbag app, fill out an eForm
- advise their teacher

It is a legal requirement that parents are expected to

If you arrive at school after 9am your child must be walked into the office via the York Street gate and report to the school office to update our records and avoid unnecessary absentee text messages.

Signing students out during the day

- You must sign your child out if you need to pick them up from school for an appointment or for your child to leave early.
- Please pre-arrange this with your child's class teacher and the teacher will send your child to the office at the required time so you can collect them from the office and sign them out.

WORKING WITH VULNERABLE PEOPLE REGISTRATION

If parents do not have registration or registration is pending you will not be able to volunteer and attend the excursion or school event. This is something that we do not want to have to do but as legislation and system policy we need to adhere to.

How to apply for a WWVP and Number

1. Complete the online application form www.justice.tas.gov.au/working_with_children
2. Print the "Application Receipt" which is generated when the application has been completed in full
3. Take the "Application Receipt" to a Service Tasmania shop, pay the fee (\$17.60) and have your 100 point check to confirm identity

Once your registration has been approved and you receive your WWVP card, please bring it to the school office so your name, registration number and expiry date can be recorded and verified.

Fire Alarm

A reminder that if in the instance a fire alarm is sounded whilst parents are on the school site, you are required to assemble on the oval. Students remain with teachers as part of the process is for the staff to ensure all students are accounted for. If parked on York when the fire engine arrives it is vital that you vacate the area to allow the fire engine access.

Webpage: www.sacredheartl.tas.edu.au

Facebook: www.facebook.com/sacredheartl

Pinterest: www.pinterest.com.au/sacredheartl/

S.H.S. Parents and Friends email

shsl.pnf@catholic.tas.edu.au

S.H.S. Clothing Pool email

shs.clothingpool@catholic.tas.edu.au

Sacred Heart B-4 Program is back for 2020

Tuesday 25th February

Are you looking for a play based program that gives your child the opportunity to learn, discover, investigate and most of all have FUN!!!!

Would you like to meet new families?

Bring along a friend.

Do you want time out to sit and play with your child?

If your child is aged 0-4 then come along to the Birth to 4 program each Tuesday during school term. We will paint, sing, dance, make and create, share stories, dress up and explore the outdoors.

It's FREE!!!

Two sessions available: Morning- from 9am-11am

Afternoon-from 12.30pm-2.30pm

Bring along a hat, water bottle and a piece of fruit to share at eating time

Kinder Green room will host the B-4 program each Tuesday

For further information please email:

rebecca.millwood@catholic.tas.edu.au



INFORMATION NIGHT FOR RECONCILIATION



We invite parents and carers of children in grade 3 and above that have not received the Sacrament of Reconciliation to join us for an information evening on Tuesday, 3 March at 7:30 pm.

Your child will have been baptised and now seeking to continue on their faith journey, this step prepares them to follow on with Confirmation and First Eucharist in following years.

The meeting is essential for enrolment of your child and will be held at the
Parish Pastoral Centre,
44 Margaret Street, Launceston.

For enquiries please call the Launceston Parish office on 6331 4377.

Yesterday our school community celebrated our Welcome Mass. We contemplated what this year will bring and we prayed that the Holy Spirit will guide us to be courageous and compassionate. Each class has started considering what it means to be dignified, courageous and compassionate. We can be courageous in our choices and what we share with others. We can ensure we respect ourselves and each other (dignity). We can show compassion to fellow classmates, as well as those in our wider communities.

It was uplifting to see how the Australian community, as well people from all around the world have shown great compassion in the face of our countries bushfire disaster. It is our calling to do God's work and show compassion to all. This can mean at times we will have to be courageous, to stand up for what we believe in and to reach out to those in need.

Next week, Ash Wednesday will begin in our Lenten Season. Lent is a season of reflection and preparation, before we celebrate Easter. It is also an opportunity to reach out to those in need. Children will be bringing home Project Compassion boxes, and they will also be in their classes. This is just one way we can show compassion and help those in need.



*Carry the Lantern
with
Dignity, Courage
and Compassion.*

Peace, love and happiness,

Anna Davie
REC

Swimming Carnival Gr 3-6

Friday 28th February @ The Riverside Pool

Children are reminded to wear sports uniform and bring the following

- Outstanding attitude and positive spirit
- Bathing towel
- Goggles and Swimming cap (House coloured caps are available at the office for \$4)
- Plastic bag for wet clothes
- Sunscreen, coat, hat and medication (if needed)
- Morning Tea , Lunch and Water

Children will NOT be able to use the canteen at the carnival. Parents are asked not to purchase items from the canteen for the children.

Thanks to the parents who have offered to assist at the carnival.

The approximate times for events are as follows

- 9:30 - Grades 3-6 33m Freestyle
- 10:30 - Grades 4-6 66m Freestyle
- 11:15 - Grades 3-6 33m Backstroke
- 12:25 - Grades 3-6 33m Breaststroke
- 1:25 - House relays



St Patrick's College
LAUNCESTON

ST PATRICK'S COLLEGE

**YEAR 7, 2021
ENROLMENT
INFORMATION
EVENING**

WEDNESDAY,
18 MARCH, 2020; 7.00 PM

ST PATRICK'S COLLEGE CHAPEL

www.stpatricks.tas.edu.au/enrolments

282 Westbury Road, Prospect TAS 7250 | T: 03 6341 9988 | E: contact@stpatricks.tas.edu.au

Wellbeing Support

At Sacred Heart School we offer different types of Wellbeing support for the students and families. My role at SHS is one of support - for your child to know that I am someone they can chat to and be supported by in working towards their own wellbeing goals. Sessions are held in my new space (old hall area), in a confidential environment on a regular or semi-regular basis depending on the needs and goals of your child or the needs of your family.

I feel very fortunate to have SHS designate two days a week for me to offer this in my capacity as an experienced teacher as well as my recent studies in Counselling, play and sand play therapy, creative therapies, Peaceful Kids, mindfulness, Tuning In, supporting anxious children, grief and loss, trauma and MY TERN and RULER training.

If this is something you want for your child, I am very happy to meet with you if you wish to touch base with me about your child or your current situation - just email me to make an appointment. Alternatively, we can communicate via phone by calling the school or you can email me at helen.halley@catholic.tas.edu.au

Kind regards,
Helen Halley



Sacred Heart School - Canteen Menu - 2020

FIRST LUNCH (RECESS)

| | |
|--|--------|
| Salada (Butter, Vegemite) | 30c |
| Biscuits and Cheese | 50c |
| Choc Chip Muffin 97% Fat Free | \$1.50 |
| Pikelet (Butter) | 50c |
| Popcorn | 50c |
| Vegie Chips | \$1.00 |
| Chicken Crackers | \$1.00 |
| Piece of Fruit | 80c |
| English Muffins (Butter) | 30c |
| Small Hot Cheese Roll | 50c |
| Toasted Sandwiches (White or Wholemeal Bread) | |
| Ham | 2.50 |
| Cheese | 2.50 |
| Chicken | 2.50 |
| Ham and Cheese | 3.50 |
| Chicken and Cheese | 3.50 |
| Hot Cheese Roll (large) | \$1.50 |
| Hot Cheese Roll (small) | 50c |

Pasta Resistance

| | |
|----------------------|--------|
| Spaghetti Bolognaise | \$5.50 |
| Lasagna | \$5.50 |

HOT FOOD MENU

ONLY AVAILABLE FRIDAYS

| | |
|--------------------------------------|------|
| Sauce | 20c |
| Medium Pies | 3.00 |
| Sausage Rolls | 3.00 |
| Pizza | 3.00 |
| Chicken Wing Things | 1.20 |
| Chicken Nuggets (80% Breast Chicken) | 90c |

| | |
|-------------------------------------|------|
| Chicken Burger in Roll | 3.50 |
| Chicken Burger in Roll with Salad | 4.50 |
| Salad Sandwich (White or Wholemeal) | |
| Ham Salad | 4.50 |
| Chicken Salad | 4.50 |
| Salad Roll (White or Wholemeal) | |
| Ham Salad | 4.00 |
| Chicken Salad | 4.00 |

DRINKS

| | |
|---------------------------|------|
| Water | 1.00 |
| Orange Juice | 2.50 |
| Apple Juice | 2.50 |
| Chocolate Milk | 2.50 |
| Strawberry Milk | 2.50 |
| Milkshakes (Choc/Vanilla) | 1.50 |

ICE CREAMS

| | |
|----------------|------|
| Icypole | 70c |
| Frozen Yoghurt | 2.50 |

EXTRAS

| | |
|--|-------------|
| Sun Fruit Licorice | (3 for 50c) |
| 20c Sun Fruit Python | 80c |
| Yoghurt Babies | 10c |
| HAPPY PACK \$6.50 - | |
| FRIDAYS ONLY 1 Medium Pie or 1 | |
| Sausage Roll, 1 Drink, 1 Packet Popcorn | |
| or Vegie Chips, 1 Treat | |
| or | |
| Salad Roll or Salad Sandwich, 1 Drink, 1 | |
| packet Popcorn, 1 piece of fruit. | |

LUNCH ORDERS AVAILABLE - MONDAY, TUESDAY, THURSDAY & FRIDAY (OPEN 9am-11:30am)
WEDNESDAY - SUSHI ORDERS ONLY

Help is needed in the School Canteen this year.

Your help would be appreciated.

If you can help could you fill out the slip below.

The hours are 9am-11:30am on Fridays

Friday Canteen Help

Name: _____ Contact Number _____

Frequency: Weekly Fortnightly Monthly Please Circle



Sacred Heart
Catholic Primary School

Clothing Pool Pricelist 2020*

**prices subject to change*

Email: shs.clothingpool@catholic.tas.edu.au

GIRLS

| | | | |
|-----------------------------|---------|--------------------------|----------|
| Summer dress size 4 to 10 | \$84.00 | Winter tartan wool skirt | \$122.00 |
| Summer dress size 12 to 16 | \$89.00 | Winter tartan wool tunic | \$130.00 |
| Boy leg sports briefs green | \$10.00 | Winter lemon blouse | \$34.00 |

BOYS

| | | | |
|---------------------------|---------|----------------------------|---------|
| Grey shorts | \$26.00 | Winter grey trousers | \$39.00 |
| Stripe shirt short sleeve | \$34.00 | Stripe shirt long sleeve | \$36.00 |
| | | Ties (winter uniform only) | \$21.00 |

SOCKS/TIGHTS

| | | | |
|-------------------------|---------|-----------------------------|---------|
| Girls lemon socks pair | \$8.00 | Boys grey ankle socks 3pk | \$15.00 |
| Lycra tights | \$10.00 | Boys winter long socks pair | \$13.00 |
| Cotton tights (Midford) | \$15.00 | Unisex sport socks 3pk | \$15.00 |

SPORTS

| | | | |
|------------------------------|---------|--------------------------------------|---------|
| Polo tops - house colours | \$35.00 | Green microfiber sport shorts | \$18.00 |
| Green microfiber track pants | \$40.00 | Girls skort (junior sizes) | \$25.00 |
| Rugby top size 4 to 8 | \$80.00 | <i>(available in Cotton or Wool)</i> | |
| Rugby top size 10 to 16 | \$89.00 | <i>(available in Cotton or Wool)</i> | |

JUMPERS

| | | | |
|--------------------------|---------|---------------------------|---------|
| Jumper green size 4-8 | \$68.00 | Jumper with badge sewn on | \$80.00 |
| Jumper green size 10-14 | \$74.00 | Jumper with badge sewn on | \$86.00 |
| Embroidered school badge | \$6.00 | Vest green | \$60.00 |

BAGS

| | | | |
|---------------------|---------|---------------------|---------|
| Small SHS back pack | \$48.00 | Large SHS back pack | \$66.00 |
| SHS library bags | \$16.00 | SHS swimming bags | \$16.00 |

MISCELLANEOUS

| | | | |
|------------------------------|---------|-------------------------------|---------|
| Hats red bucket style | \$12.00 | Polar fleece gloves & scarves | \$8.00 |
| Raincoats fleece lined green | \$40.00 | Winter hats with logo | \$15.00 |
| Art Smocks assorted colours | \$19.00 | | |

Flu facts

What is flu?

Flu (influenza) is a virus that causes an infection of the respiratory system (nose, throat and lungs).

There are other viruses that also affect the respiratory system and are common during the colder months. These cause the 'common cold', which is different to the flu.

What are flu symptoms?

Flu symptoms often start with fever, muscle aches and fatigue together with headache, cough and sore throat.

People will usually improve over one week, although the illness may persist for longer.

Complications of the flu, such as pneumonia, can be life threatening particularly for older people or those with certain medical conditions.

How is flu spread?

The flu virus spreads easily when infected people cough or sneeze without covering their mouths and noses.

It can also be passed on through contact with contaminated surfaces. The flu virus can live for up to five minutes on hands and up to a day on hard surfaces.

It then takes between one and four days for the person to start feeling unwell.

People can pass on the virus from a day before symptoms start until one week after the start of symptoms.

Children and people with impaired immunity may pass the virus on for longer.

How is flu diagnosed?

Your doctor can diagnose flu based on your symptoms.

To confirm the diagnosis, sometimes your doctor will test for the virus with a swab sample taken from the nose or throat.

How is flu treated?

- Rest, stay home and avoid contact with other people except to get medical care.
- Paracetamol can help lower your fever and relieve headache and muscle aches. Follow the instructions carefully on how much to take.
- See your doctor if you are concerned your symptoms are getting worse.
- Your doctor may choose to prescribe antiviral medication. These are only used in certain circumstances and your doctor will decide when they should be used.

How is flu prevented?

There are several ways to reduce your chances of catching flu:

- getting the flu vaccine every year helps protect you from flu
- it will also help protect your family, friends and colleagues
- wash your hands often to get rid of the germs you may have picked up. Use soap and water or an alcohol-based hand rub.

If you get sick – don't share it!

- When you cough or sneeze cover your mouth with your elbow (rather than your hand).
- Stay home from work. Let someone know you are sick. If your child is unwell keep them at home from childcare or school.
- Avoid visiting people who are likely to get unwell from flu, including infants and young children, pregnant women, those with medical problems and the elderly.
- Avoid visiting family or friends in hospital or aged-care homes.
- Stay at least one metre away from other people especially when coughing.
- Call ahead if you need to see a doctor. This will allow the medical service to plan your visit to prevent infection spreading to others.

Who should get a vaccine?

All Tasmanians should consider protecting themselves, their family and their community from flu by having a flu vaccine.

You need a flu vaccine every year to help stay protected.

The flu season usually occurs each year in Tasmania between June and September. It is best to have a flu vaccine from mid-April.

This will help protect you in time for the peak flu period.

The following people are eligible for a free flu vaccine because they are at greater risk of getting severe flu and complications:

- all children aged from six months to less than five years
- all adults aged 65 years and over
- pregnant women at any stage in their pregnancy.

- Adults and children aged from 6 months with chronic medical conditions such as heart, lung, liver or kidney disease, asthma, diabetes, cancer, impaired immunity and neuromuscular conditions.
- Aboriginal and Torres Strait Islander people from six months of age.

Free vaccine is available for these people through General Practitioners (GP's). A consultation fee may apply.

Healthcare workers, child care workers and other people who live or work with vulnerable people should also get a flu vaccine to protect themselves, and the vulnerable people they work with.

Tasmanians who are not eligible for a free flu vaccine can purchase a flu vaccine with a prescription from their GP or through some pharmacies.

Are there any side effects associated with the flu vaccine?

Common side effects are usually mild and resolve quickly without any treatment. They include mild pain and swelling at the injection site. Fever is less common.

It is not possible for the flu vaccine to give you the flu. There is no live virus in the vaccines used in Australia.

If you have any concerns or queries about the flu vaccine, please discuss these with your GP.

For more information

- Speak to your doctor or clinic nurse
- See the DoH flu website www.flu.tas.gov.au
- Call the Public Health Hotline - Tasmania on **1800 671 738**
- Call Immunise Australia on 1800 671 811 or <https://beta.health.gov.au/health-topics/flu-influenza>
- <https://beta.health.gov.au/services/flu-influenza-immunisation-service>